



ADD SOME HEALTHY MOTIVATION TO YOUR HOLIDAY FITNESS ROUTINE

• WAIST WATCHERS •

PROGRAM RUNS: NOVEMBER 28-JANUARY 2ND



WEIGH IN • SET A GOAL • EARN PRIZES

REGISTRATION BEGINS ON NOVEMBER 14TH AT THE FRONT DESK

POINTS WILL BE GIVEN FOR TAKING GROUP FINTESS
CLASSES AND REACHING YOUR WEIGHT GOAL
20 PTS=FITNESS T-SHIRT
30+ POINTS=ENTRY TO WIN A FIT BIT FLEX

\$5 REGISTRATION FEE FOR MEMBERS \$10 FOR NON-MEMBERS

